



Granny Smith Apple

Scientific Binomial Name: Malus domestica

The **Granny Smith apple** gets its name from its founder, Mrs. Mary Ann (Granny) Smith. Granny Smith apples are **crisp, juicy, and tart** which makes them perfect for either baking in pies, stewed in sauces or eating out of hand. They're also great in salads because once cut, they keep their color longer than other apples.

Selection Information

- Usage:** Very good for eating fresh, cooking & salads. They're also the primary ingredient for a Granny Smith Apple pie.
- Selection:** A Good-quality Granny Smith apple will be firm with smooth and clean skin. Granny Smith apples are a deep green with an occasional pink blush of the cheeks. Test the firmness of the apple by holding it in the palm of your hand. (Do not push with your thumb). It should feel solid and heavy, not soft and light. These apples may be less attractive, but the flesh is still good to eat after cutting.
- Storage:** To store, keep apples as cold as possible in the refrigerator. Apples do not freeze until the temperature drops to 28.5°F.
- Avoid:** Avoid product with soft or dark spots. Also if the apple skin wrinkles when you rub your thumb across it, the apple has probably been in cold storage too long or has not been kept cool. Grannies occasionally show "russeting," a brownish network at the stem end.

Seasonal Information

Fresh Granny Smith Apples are available from Washington from September through November while cold storage product is available the rest of the year.

Granny Smith Apple Nutritional Information

Serving Size: 1 medium apple (154g)

Amount Per Serving	
Calories 80	Calories from Fat 0
% Daily Value*	
Total Fat 0	0%
Cholesterol 0mg	0%
Sodium 0mg	0%
Total Carbohydrate 22g	7%
Dietary Fiber 5g	
Sugars 17g	
Protein 0g	
Vitamin A 2%	Vitamin C 20%
Calcium 2%	Iron 2%

Granny Smith Apples are very low in Saturated Fat, Cholesterol and Sodium. They're also a good source of Dietary Fiber and Vitamin C.

Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

Source: PMA's Labeling Facts